



# Johnson County



*recovery · rest · renewal · recreation · relationships*

**702 S Gilbert St, Suite 111  
Iowa City, IA 52240**

**NAMI office (319) 337-5400  
R Place (319) 354-3455**

# Our Staff



Mary Issah  
**Executive Director**



Jenna Briasco  
**R Place Coordinator**



Laura Semprini  
**Remote Peer Support  
Coordinator**

## **Peer Support Specialists**

Mike Brigham

Brittany Carlson

Todd Foldesi

Mary Nuebel

Nancy Teubel

Lee Smith

Tosin Opeoluwa

Terri Walters

## **Family Peer Support Specialist**

Sandy McFarland

# About NAMI

- NAMI was started in 1979 by a small group of families who were unhappy with the lack of services available to those with a mental illness
- NAMI stands for the National Alliance on Mental Illness
- It has since grown into one of the largest mental health organizations in the United States
- As a 501c(3) non-profit, we rely primarily on contributions and volunteers
- We provide services and support for children, teens, adults and families
- NAMI envisions a world where all persons affected by mental illness experience resiliency, recovery, and wellness.

# Local Level: **NAMI** | Johnson County

National Alliance on Mental Illness

- **Advocate**

- System navigation - including helping individuals apply for services
- Referrals - such as giving a phone number or website for assistance programs

- **Educate**

- Offer NAMI signature programs in the community
- i.g. Family to Family, Peer to Peer, In Our Own Voice, Provider Education

- **Support**

- Weekly support groups: NAMI Connection, Family Support Group
- R Place Peer Recovery Center

<https://namijc.org>

# NAMI JC Local Programs



- A weekly support group held by peers for anyone living with a mental illness
- Every Tuesday 5:30-7pm on Zoom



- An 8 week session educational program for adults with mental illness
- Includes presentations, discussions, and interactive exercises to further recovery



- A support group for loved ones of individuals living with a mental illness, led by family members
- Every Thursday 6:30-7:30pm on Zoom



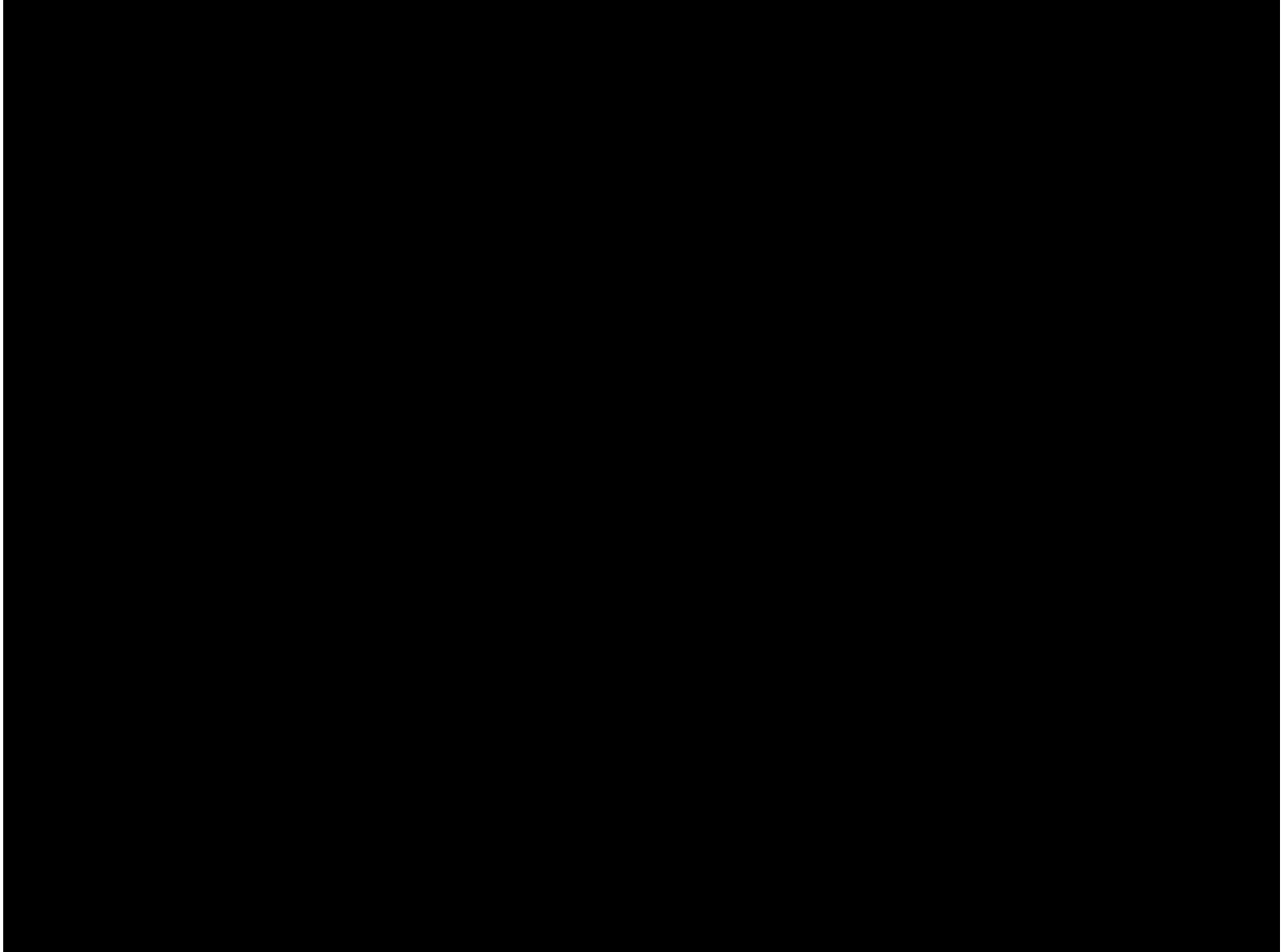
- An 8 week program for loved ones, including family members, partners, & friends of those with a mental illness
- Increases coping skills, understanding, communication, & empowers participants to advocate for family members



**nami**

National Alliance on Mental Illness

**Johnson County**



# Remote Peer Support (RPS)

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- Free & low-barrier
- Phone, Zoom, or text
- Talk to trained professionals who understand mental illness
- Support groups
- Expanded hours
- Connect to resources
- Empower peer clients



**To sign up:**

**[rps@namijc.org](mailto:rps@namijc.org)**

**319-855-1966 (call or text)**



# **Peer Recovery Center**

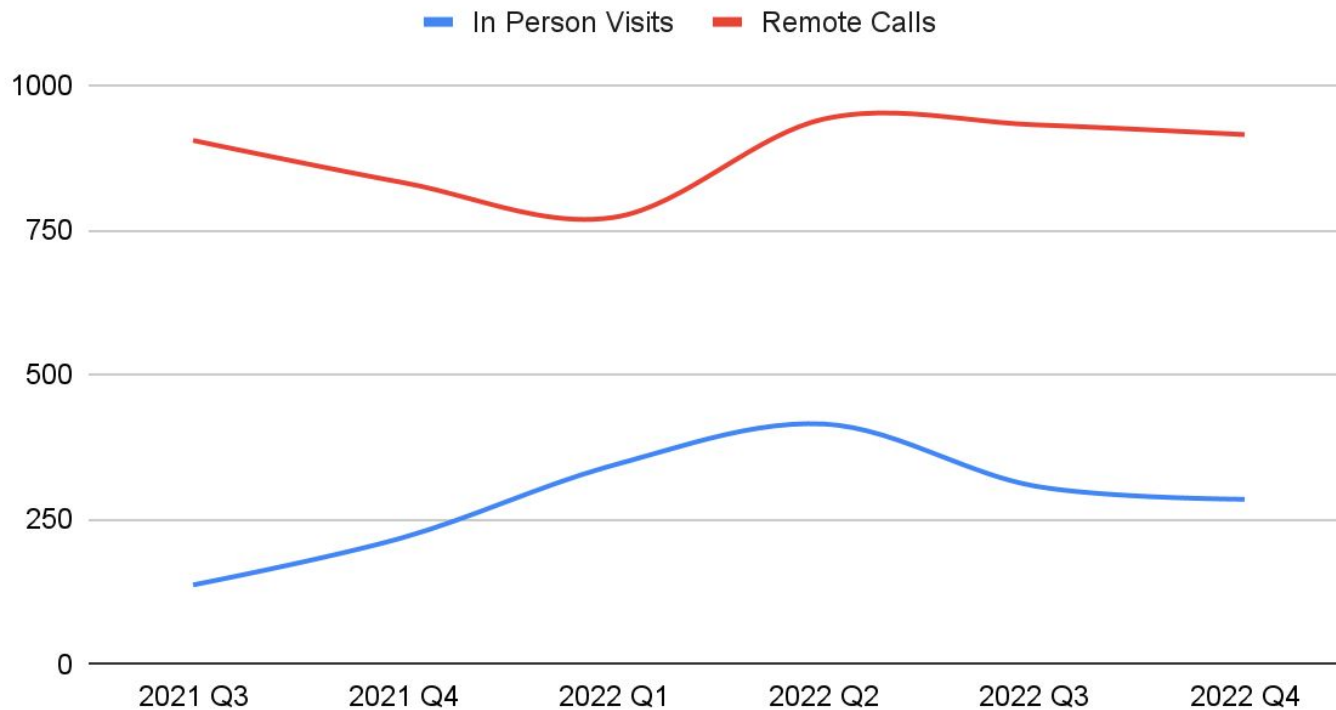
**702 S. Gilbert Street, Suite 111, Iowa City, IA 52240**

**M - F 1pm to 5pm    (319) 354-3455**



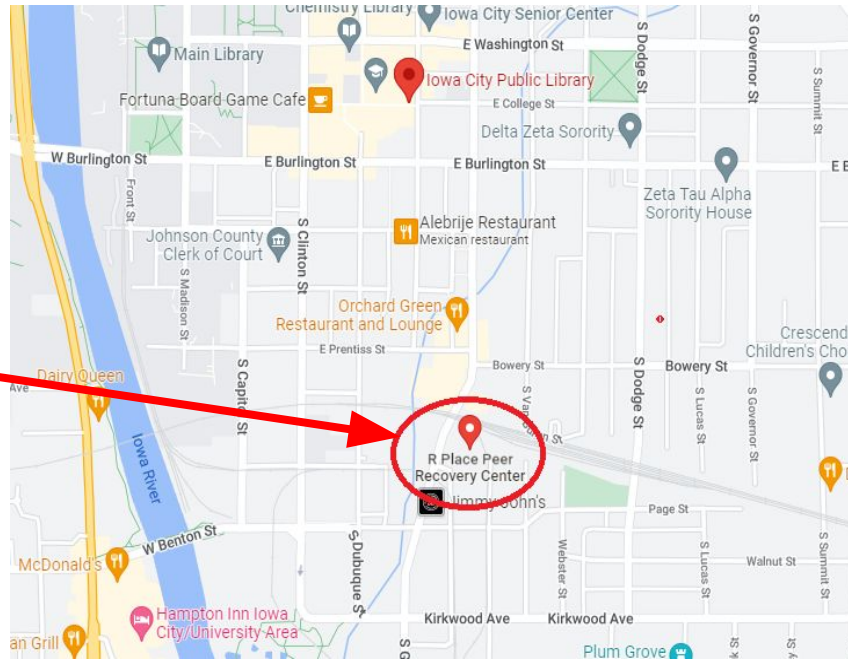
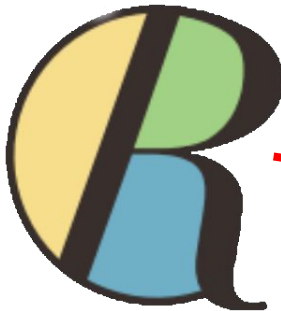
# Growth Since 2021

## R Place Peer Client Interactions



# About Us

R Place Peer Recovery Center is a drop-in center for adults living with mental health conditions.





# Sitting Area





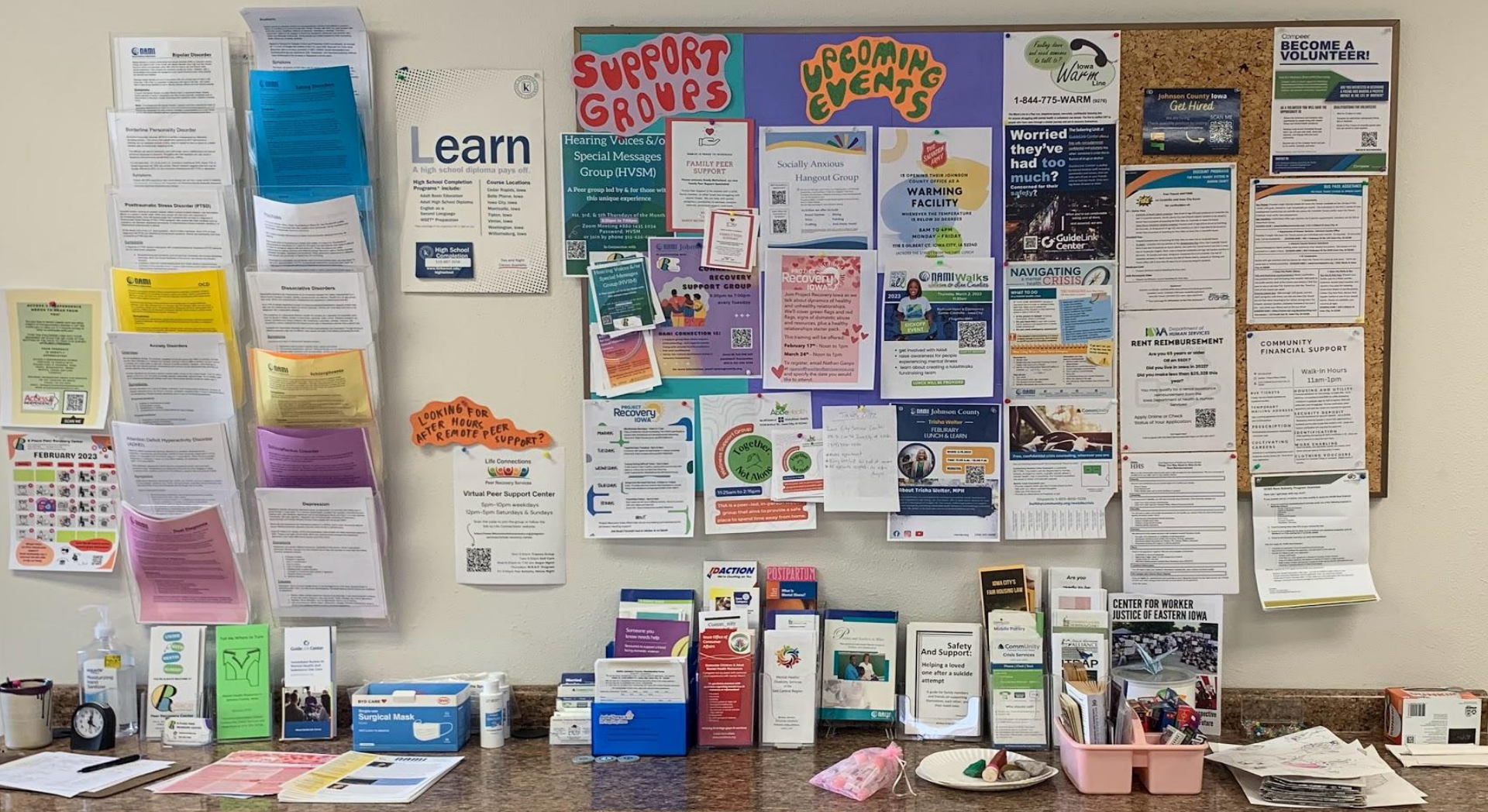
**Front Table**





# Peer Support Room





# Quick Access Resources





# Library & Activity Corner





# Kitchen Remodel



# R Place is...

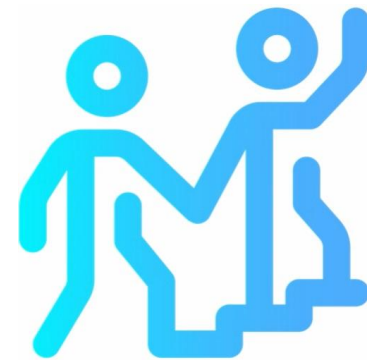
- a restorative environment of hope, support, and encouragement for recovery
- a place with activities, classes, groups, etc.
- a peer-led meeting place where peers support peers
- a safe, nurturing, non-judgmental community for those living with mental illness







# Looking to the Future





# NAMI Social Media

Find us on:



NAMI (National) Page  
NAMI Iowa Page  
NAMI JC Page  
NAMIWalks Johnson County  
R Place Peer Recovery Center



NAMI-Johnson County



@NAMICommunicate  
@NAMIAdvocacy  
@NAMIJC Iowa  
#nami  
#namijc



@namijohnsoncountya



